

Programs suitable for general fitness/triathlon/Rotto type swimming

1)

300m easy (as 75m free + 25 other)
3 x 200m free on a set cycle (4 min/3.45 or 3.30 depending on speed/fitness)
pull – 8 x 50m breath every 5th stroke (65)
4 x 150m free on a set cycle 3min/2.45 or 2.30 depending on speed/fitness)
fins- 300m (as 50m drill + 50m swim)
5 x 100m on a set cycle (2 min/1.50 or 1.45 depending on speed/fitness)
200m easy cool down choice

2)

200m easy
10 x 50m on a set cycle (65/60/55 or 50) reasonably hard
fins 200m 50m drill + 50m swim
10 x 50m on a set cycle (65/60/55 or 50) reasonably hard
fins 200m 50m drill + 50m swim
10 x 50m on a set cycle (65/60/55 or 50) reasonably hard
fins 200m 50m drill + 50m swim
10 x 50m on a set cycle (65/60/55 or 50) reasonably hard
100m cool down

3)

1000m straight
8 x 25m form or drill
800m straight
8 x 25m form or drill
600m straight
8 x 25m form or drill
400m straight
8 x 25m form or drill
200m straight
8 x 25m form or drill

4)

400m as 150m free + 50m breast or back
12 x 25m unco drill (40)
400m pull + 2 x 50m fast (60)
300m pull + 4 x 50m fast (60)
200m pull + 6 x 50m fast (60)
100m pull + 8 x 50m fast (60)
fins 300m drill/swim

5)

200m easy
fins 1100m as (50m free + 50m back + 100m free + 50m Back + 150m free + 50m back + 200m free + 50m back + 150m free + 50m back + 100m free + 50m back + 50m free)
8 x 50m (60)
4 x 100m (2 min)
2 x 200m (4 min)
400m time trial!!!
12 x 25m unco drill (40)

6)

600m fins drill swim + 4 x 100m ! (2 min)

500m fins drill swim + 5 x 100m ! (2 min)

400m fins drill swim + 6 x 100m ! (2 min)

100 recovery

7)

200m easy

4 x 150m fins (100m unco + 50m stroke count)

4 x 200m descending times 1 to 4 (4 min) (eg 3.30, 3.25, 3.20, 3.15)

4 x 150m descending times 1 to 4 (3 min)

pull – 8 x 50m breathing every 5th stroke (70)

8)

fins- 900m (as 3 x {100m kick, 100m drill, 100m swim free or back})

12 x 25m (as 1 slow + 1 medium + 1 fast) on 35

12 x 100m holding best times on 2 min

12 x 25m form

9)

300m easy

6 x 50m pull breathing every 5th stroke (65)

8 x 25m kick (45)

8 x 100m (2min)

600m fins (as 50m kick + 50m Drill + 50m swim)

4 x 100m (2 min)

200m time trial!!!

200m cool down as 75m free + 25m form

10)

400m as 75 free + 25m back

300m as 75m free + 25m breast

200m as 75m pull + 25m kick

100m as 75m free +25m choice

24 x 50m as 8 x 50 on 65, 8 x 50m on 60, 8 x 50m on 55, 8 x 50m on 60 or 50 depending speed /fitness

200m cool down choice

I have included cycles for swimmers who are proficient with the clock. If these cycles are to challenging or not challenging enough please modify these cycles to suit your own personal fitness/speed. Try to set yourself standard cycles and aim to build on these each week.

Form = any stroke but not free.